

A N N U A L N A R R A T I V E R E P O R T

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December 1, 1956

to

September 30, 1957

by

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Home Agent

Agricultural Extension Service

COCONINO COUNTY
ARIZONA

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TABLE OF CONTENTS

	Page
I. PREFACE	1
II. HIGHLIGHTS	2
III. ORGANIZATION AND PLANNING	4
A. Organizations	4
B. Program Planning	5
C. Agent's Program	7
D. Extension Trained	8
E. Club Programs	9
IV. CLOTHING AND TEXTILES	10
A. Selection of Design and Pattern	10
B. Making a Skirt and Blouse	11a
C. Clothing Techniques	13
D. Miscellaneous	13
V. HOME MANAGEMENT	15
A. Avoiding Monotony and Drudgery	16
B. Care and Repair of Household Equipment	19
C. Money Management Workshop	20
D. Miscellaneous	21
VI. NUTRITION	22
A. Packaged and Prepared Foods	24
B. Pastry Making	25
C. Food Preservation	27
D. Miscellaneous	28
VII. HEALTH AND SAFETY	29
A. First Aid Burns	29
B. Mental Health	29
C. Chest X-Ray	29
D. Cancer	29
E. Crippled Children	30
F. Red Cross	30
VIII. RECREATION AND COMMUNITY LIFE	31
IX. EXTENSION INFORMATION	32
A. Newspapers	32
B. Bulletins and Mimeographs	32
C. Visual Aid	32

TABLE OF CONTENTS (continued)

X.	MISCELLANEOUS	Page 33
	A. In-Service Training	33
	B. County Fair	33
	C. Special Activities	34
	D. Arizona State College	34
XI.	OUTLOOK AND RECOMMENDATIONS	35

BULLETINS ATTACHED

1957 Yavapai and Coconino Counties Home Demonstration Program	3
Bi-County Program Planning Letter	6
Care and Repair of Household Equipment	20
Revolution in Foods and Nutrition	25
News Article "They Can Bake a Pretty Pie"	27

I. PREFACE

The following narrative report is a summary of the Agent's activities in Coconino County for the period of December 1, 1956 through September 30, 1957. A total of four months (86 days) was spent in the County. Forty (40) days were devoted to adult work and forty-six (46) days were devoted to 4-H Club work.

The Agent wishes to take this opportunity to thank all National, State, and County Agricultural Extension workers who have given their time and assistance this year.

This Agent also wishes to take this opportunity to say that she has enjoyed her "Part-time" Home Agent work in Coconino County.

II. HIGHLIGHTS

This fall, October 1, 1957, the Agent was relieved of the responsibility for Coconino County's Home Demonstration program. In the future this Agent will serve as the Home Agent for Yavapai County only. Coconino County is fortunate to have a full time Home Agent also. This Agent wishes Miss Marian Badgley (new Home Agent) success in her entire Home Demonstration program.

Last fall, 1956, program planning was done on a long range basis. A tentative program for two years was recommended by the delegates. This fall (1957) we therefore did not have a bi-county program planning day. The Agent wrote a circular letter to all club officers: (1) reviewing the 1956 recommendations, (2) reviewing the 1957 accomplishments, (3) giving the tentative recommendations for the 1958 program.

All clubs considered and discussed the program and took a vote as to preferences. It is now the job of the new Home Agent to arrive at the County-wide program.

The women participated well in the entire Home Demonstration program this year. The programs on clothing construction, as always, held a great deal of interest for certain individuals. It was of interest to the Agent to note the difference in the sewing skills of the newly organized groups as compared to the skills of other homemakers who had much more Home Agent and Specialist instruction in the skills of sewing. This is just another proof of the fact that "we learn by doing", especially under supervision.

Probably one of the most profitable programs this year (1957) was the study on the nutritional value and cost of "package and prepared foods" versus "home prepared foods". Women were especially amazed at the lack of nutritional (protein) value of commercial meat and poultry pies and fish sticks. Both of these items are convenient to use, "fairly tasty", but very expensive in money for the actual nutritional value received. Leaders did an excellent job of presenting the pastry making portion of the nutrition program.

Home Demonstration projects as supervised or given by this Agent for the year 1957 were:

1. Health
 - a. Home Sterilization
 - b. Treatment of burns
 - 1) Minor and household burns
 - 2) Major and atomic burns
 - c. Verde Valley health chairmen
 - 1) Promoted mental health clinics
2. Clothing
 - a. Fitting the style and design to the individual
 - 1) Line and design
 - b. Construction of a skirt and blouse

II. HIGHLIGHTS (continued)

3. Home Management
 - a. Avoiding monotony and drudgery
 - 1) Proper equipment to do the job
 - 2) Good equipment to do the job
 - b. Simple Household Repair
4. Nutrition
 - a. Package and prepared foods versus home prepared foods
 - 1) Nutritional value
 - 2) Relative cost
 - a) Time
 - b) Energy
 - c) Money
 - b. Pastry Making
5. Miscellaneous
 - a. Verde Valley family picnic
 - b. Crafts
 - c. Flower arranging
 - d. Parties

Copy of the 1957 program is attached.

Two new Homemakers' clubs were organized this year. One at Bellemont with the Indians and one at Cameron. Both were organized at the request of the people involved since neither is specifically within the working province of the Home Agent. Due to the inadequacy of leadership, the Bellemont group is now inactive.

1957 YAVAPAI AND COCONINO COUNTIES HOME DEMONSTRATION PROGRAM

JANUARY	Health	Club Meetings	Agent Nurse
	First Aid - Burns Home Sterilization techniques Club Program Planning		
FEBRUARY	Clothing	Club Meetings	Agent
	Fitting the Style and Design to the individual (Registration and preparation for Special Interest construction meetings) (Make a skirt and blouse)		
MARCH	Clothing	Club Meetings	Leaders
	Finishing techniques Special Interest meetings - making a skirt and blouse Prescott District - March 11-14-19 Verde District - March 12-15-20 Flagstaff District - March 13-18-21		Specialist and Agent
APRIL	Home Management	Club Meetings	Agent
	Avoiding Monotony and Drudgery in housework		
MAY	Home Management	Club Meetings	Leaders
	Simple Household repair Leader Training Meetings Prescott District - May 7, 1957 Verde District - May 8, 1957 Flagstaff District - May 9, 1957		
JUNE	Nutrition	Club Meetings	Agent
	Use of Packaged and Prepared Foods Nutritional value Relative cost		

JULY	Club Meetings	-	Own
	Suggestions:		
	1. Sedona - Sprays (Garden and Home)		
	2. Rug Braiding		
	3. Flower arrangements		
AUGUST	Club Meetings	-	Own
	Picnics		
	Sewing machine clinics		
	Leader Training Meetings on making of pie		
	crusts - packaged mixes versus homemade mixes.		
	(Dates to be announced later)		
SEPTEMBER	Nutrition	Club Meetings	Leaders
	Packaged and prepared foods		
	"Pie-crusts"		
	County Fairs - Coconino	- Sept. 6, 7, 8, 1957	
	Yavapai	- Sept. 13, 14, 15, 1957	
OCTOBER	Nutrition	Club Meetings	Agent
	Weight control - posture and exercise		
NOVEMBER	Own Meeting		
	Crafts		
	Holiday table decorations		
DECEMBER	Parties		

III. ORGANIZATION AND PLANNING

It is the aim of this Extension Agent to build a County Home Demonstration program to meet the needs of the families in her area. The Agent endeavors to integrate and unify a number of projects into one County program. Through individual thinking, club recommendation, and county-wide planning we endeavor to arrive at general overall problems which will lend themselves to Extension teaching. This Agent tries to keep the general Extension Home Demonstration program on a high educational level, to not have the county-wide program filled with crafts and irrelevant projects which may have a temporary interest but which do not have a real educational value. The Agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best Home Economic practices
2. To have homemakers adopt and use the recommended practices
3. To continuously increase the number of homemakers participating in the program

A. ORGANIZATIONS -

The East Flagstaff - Doney Park homemakers club has been a little more active this year (1957) than they were in 1956. They participated in the Clothing and Home Management Leader Training meetings. Their active membership has increased somewhat. Most of their membership is from the East Flagstaff area or from the extreme eastern limits of the Doney Park area.

The Sedona Homemakers, as always, have been very active this past year. They successfully endeavored to get a number of young homemakers into their group. They have a hired baby sitter for all meetings. Their president this year has been young and enthusiastic.

The Bellemont Indians organized and dissolved within the year. This was due to the lack of leadership and transportation. These homemakers need continuous supervision and assistance, more than can be done by any County Home Agent.

A group of twelve homemakers at Cameron requested the Agent to work with them as a Homemakers club. Since this area is fifty to sixty miles from the County seat and the homemakers do not represent farming people, the Agent cleared through the State Office before such an organization was formed. This group participated in the entire program from March to August. However, they failed to report for the Foods Leader Training meeting in August and when the Agent visited them in September, they were in a very inactive state.

The L. D. S. group at Fredonia participated well in the portions of the program which the Agent took to their community. The phase of work done at Fredonia this year was in the field of clothing.

III. ORGANIZATION AND PLANNING (continued)

The new "full-time" Home Agent in the County will undoubtedly do some organizational work in parts of the County as yet un-organized for Home Demonstration work.

B. PROGRAM PLANNING -

Program planning encompasses a wide range of endeavor, from Bi-County wide program planning to individual club, community, and project planning. Theoretically each county does its program planning in the fall for the coming year. However, this is actually a sifting of ideas and problems which the women have been accumulating throughout the past year.

Last year (1956) we tried long range planning. We planned for both the 1957 and 1958 Home Demonstration programs. The Agent feels that by more or less forcing the women to set up goals and problems for a two year period that we get improved program continuity.

The aims of program planning are:

1. To survey and evaluate the county Home Demonstration program.
2. To discuss new problems
3. To recommend pertinent problems for the coming year's programs.
4. To arrive at a county-wide Home Demonstration Plan of work which meets the needs of the largest possible number of people.
5. To plan so that every one feels that their problems are at least being worked on if not completely solved.
6. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

As we go ahead in an ever changing world we cannot help but realize that new and entirely different problems are confronting the homemaker of today. Even ten years ago, when this Agent first came to the County, our big problems were to do an improved job of the "age old tasks" of homemaking but today with so many homemakers working away from home and new scientific and technical research, our problem is quite altered. We are living in an age where time is of the essence, there never seems to be enough of it (time) to go around. Consequently, our job as Home Agents

III. ORGANIZATION AND PLANNING (continued)

is to help homemakers be informed shoppers. Whoever worried or needed to worry about the nutritional value (protein) in a chicken pie that "Grandmother made". However, it is quite a different story for today's homemaker. She must learn to study, understand, and evaluate all purchases. Packaged and prepared foods like the aeroplane are here to stay.

Scientific advances in the field of clothing and textiles are likewise progressing faster than we can keep up with them. The homemaker needs to know how to handle them, what to expect and how to care for today's fabrics. Fabric selection used to be done by feel but today with new blends and finishes, who can tell?

New developments in household appliances and cleaners have been revolutionary in the last 10 years. From the three or four speed electric range to the new electronic oven.

Considering all of these and many more "revolutions" in the field of Home Economics this Agent believes that it is the job of the Home Agent to assist homemakers to plan such a program as will be up-to-date, one which will help them with their everchanging job of being a successful, happy, homemaker.

1957 Program Planning:

This year (1957) for the first time Yavapai and Coconino counties did not have a bi-county program planning day since we planned in the fall of 1956 for both 1957-58. However, the Agent wrote a circular letter to all club officers. This letter:

1. Re-outlined the aims of Homemakers Clubs as recommended by the homemakers in 1956.
2. Re-outlined the project recommendations as recommended in 1956.
3. Noted problems already worked in 1957.
4. Added a few new current project recommendations.
5. Requested groups to carefully study the recommendations, sift them, add new suggestions, return their recommendations to the County office by November 1, 1957.

Since it was not the job of this Agent to evaluate and formulate the 1958 Coconino County Home Demonstration program, no evaluation is included here.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

September 19, 1957

MEMORANDUM TO: ALL HOMEMAKER CLUB OFFICERS
SUBJECT: HOME DEMONSTRATION PROGRAM FOR 1958

Last year (Fall 1956) we planned for the 1957 and 1958 Home Demonstration Programs. Therefore it will not be necessary for us to hold a bi-county Program Planning meeting this fall unless you request me to do so.

The common problem in both counties was given as "getting younger mothers into clubs." Several possible solutions were offered. I'm sure that you all have ideas on this problem too.

Aims selected by you folks for the County Home Demonstration Program were:

1. To increase our knowledge in all fields.
2. Get more young homemakers in clubs.
3. Avoid monotony and drudgery in house-keeping.
4. To complete all projects started.
5. To develop our civil defense program.

A. Health

1. Good posture, exercises and weight control.
- *2. First aid.
3. Mental Health.

B. Clothing

- *1. Fitting the design and style to the individual.
- *2. Basic sewing
 - Skirt and Blouse
 - Patterns
 - Finishing Techniques
 - Short Cuts
3. Suiting clothes to the occasion.
 - Planning and Buying
 - Accessories
4. Finishes on fabrics.
 - (Care and character of new fibers and finishes)
5. Rug Braiding.
6. Sewing machine clinics.
7. Mending and simple repair.

C. Home Management and House Furnishings.

- *1. Simple Household Repairs.
- *2. Avoiding monotony and Drudgery in housework.
 - a. Buymanship of small equipment.
3. Color.
 - a. Home Decoration
 - b. Walls
 - c. Furniture
 - d. Paint
4. Buymanship of rugs.
5. Laundry.
 - a. Cotton, wool.
 - b. New Washers.
 - c. Soaps and Detergents.
6. Sprays - Insects.
 - Garden and Home
7. Window treatments.

D. Nutrition

Aims - weight control, posture and exercises.

- *1. Packaged and prepared foods (antibiotics)
 - a. Nutritional value (Diet)
 - b. Relative cost (Comparison of Pie Crusts)
- 2. Bread Making
 - a. Nutritional Value
- 3. Broiler and one dish meals
- 4. Food Preservation.
 - a. Freezing
 - b. Jams - Jellies and Pickles.

* These items were worked on some this past year (1957)

To these projects I would like to add as suggestions:

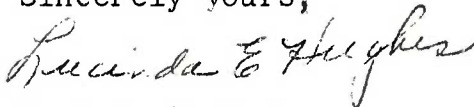
- 1. Time and money management.
- 2. Farm and home hazards.
- 3. Increased activity in the problem of weight control.

Will you please go over the recommendations from last year's program planning meeting and the extra ones noted above with your group and check those in which your group are the most interested. I would like to have your group's recommendations not later than October 31, 1957. Add any other suggestions for our 1958 program which your group has.

After I receive your answers to this "questionnaire?" I'll combine your recommendations and if necessary contact all presidents in person.

Thank you for your assistance.

Sincerely yours,



Lucinda E. Hughes
HOME AGENT

LEH:P
c. 50

III. ORGANIZATION AND PLANNING (continued)

C. AGENT'S PROGRAM -

The Agent met with individual clubs four months this year. Projects carried were:

1. Health
 - a. Home sterilization
 - b. Care of minor and major burns (atomic burns)
2. Clothing
 - a. Fitting the style and design to the individual
 - b. Construction of a skirt and blouse. (Special interest 4-H Leader and Leader Training meetings on an area basis)
 - c. About fifty Clothing Construction bulletins have been given out on request
 - d. Special meeting on clothing construction at Fredonia
3. Nutrition
 - a. Packaged and prepared foods versus homemade foods or mixes.
 - b. Leader Training meeting for adult and 4-H leaders on pastry making (three types) and the making of lemon pies.
 - c. General food preservation through bulletin distribution.
 - d. General food preparation through bulletin distribution.
 - e. Revision of the High Altitude Cake Making bulletin
4. Home Management and House Furnishings
 - a. Avoiding monotony and drudgery in housework.
 - 1) Selection of best equipment for the job.
 - 2) Care of equipment
 - b. Leader Training meetings on simple household repair.

III. ORGANIZATION AND PLANNING (continued)

- c. Distribution of bulletins on furniture repair and upholstery.
- d. Distribution of mimeograph on stain removal.
- 5. Miscellaneous
 - a. County Fair supervision

The Agent feels that it is essential for her to meet with individual clubs as often as possible. During the past year the Agent has worked with four homemakers' clubs; one LDS group; the Coconino County Fair Committee, and other civic groups in the County. By cooperating and working with all of these groups, composed primarily of rural people, the Agent is reaching a large majority of the ranch and farm people of the County.

D. EXTENSION TRAINED -

Leaders' Programs - 1957:

This year three subjects were carried by Extension trained local leaders. They were:

- 1. Construction techniques in making a skirt and blouse.
 - a. Setting in zippers
 - b. Setting in sleeves
 - c. Making darts
- 2. Simple household repair
 - a. Repairing electric plugs
 - b. Repairing the flushing system of toilet storage tanks.
 - c. Repairing leaking faucets
 - d. Care of large appliances
- 3. Making of pastry
 - a. Three methods of pastry making
 - b. Making of a lemon pie

The leaders did an excellent job of presenting these projects. Probably two of the main reasons for their success were:

- 1. Careful selection of projects by the Specialist and Agent for leaders to present.
- 2. Extreme interest of leaders in the projects.

III. ORGANIZATION AND PLANNING (continued)

E. CLUB PROGRAMS - 1957

Clubs carried two months of their own programs in addition to their leader meeting this year. The projects which were covered in these "purely local meetings" were recommended but not assisted with by the County office. All arrangements were made by the president and her committees. Some of these projects were:

1. Verde Valley family picnic (Bridgeport hostess)
2. Crafts classes
3. Working with and for the mental health clinic
4. Community Recreation

The Agent feels that all clubs should have an opportunity to select their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president and other officers.
2. Permits club members and communities to realize that they can function without the Agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's, not the Agent's.

IV. CLOTHING AND TEXTILES

The aims of the clothing and textiles program for 1957 were to:

1. Improve the appearance of women and girls
2. Help homemakers know the styles best suited to each figure type.
3. Learn and re-learn basic pattern selection and alteration.
4. Learn basic construction techniques.

A. SELECTION OF THE DESIGN AND PATTERN TO FIT THE INDIVIDUAL FIGURES -

The Agent met with all homemaker clubs plus the LDS and 4-H clothing leaders for method demonstrations on the subject. The aims of this project were to:

1. Assist women to recognize the various figure classifications and characteristics in themselves and their families.
2. Teach lines in clothing best suited to each figure characteristic.
3. Improve the appearance and mental outlook of women and girls. "Physical appearance affects one's mental outlook".

The procedure for these meetings was:

1. A demonstration of the affect that can be created with straight lines and the type of top and bottom terminations of these same lines.
2. Classification of figures according to:
 - a. Hips - square
average
triangular
 - b. Shoulders -
wide and/or square
average
sloping
 - c. Waistline -
wide
narrow
average

IV. CLOTHING AND TEXTILES (continued)

- d. Length of legs -
 - short
 - long
 - average
 - e. Height - short (petite)
 - tall
 - average
 - f. Length of waistline -
 - short
 - long
 - average
 - g. Size of bust -
 - medium
 - small
 - large
3. Emphasis was put on the fact that everyone's figure is composed of a number of the above characteristics. Very few people have all average characteristics. Our aim in our dress or costume is to minimize or draw attention away from our figure faults and "point up" or emphasize our good points.
4. Pictures or silhouettes of all the various figures were shown and clothes (pictures) for each figure were shown and discussed. The Agent endeavored to show a shortie coat, suit, and several dresses suited to each silhouette.

At the close of the demonstration, the women were all eager to have their own figures classified. Through the cooperation of the entire group, we were able to point out the relative figure characteristics. Throughout the entire demonstration the Agent endeavored to emphasize that all figure characteristics were relative, that hips which were big on one person might be average or even small on another person depending upon height.

Several rather striking examples of good and poor camouflage due to dress were observed at the meetings and brought up by the women themselves. One example was a small hipped square shouldered woman who was wearing a hound's tooth checked suit with a large white linen collar. The affect of this collar was to make her shoulders appear even broader than they were. Other examples were of long waisted, short legged women having long torso dresses; medium to narrow shouldered women wearing sleeves and collars that made their shoulders appear even smaller than they were. All of the women seemed to good naturedly accept any comment on their figure characteristics and the different effects of their dress. Personal comments were offered only when the specific person asked for an opinion.

IV. CLOTHING AND TEXTILES (continued)

The State Clothing Specialist assisted the Agent in planning and preparing for these demonstrations.

B. MAKING A SKIRT AND BLOUSE -

Both the Specialist and Agent realize that every woman does not look her best in a skirt and blouse. However, by careful pattern and fabric selection we felt that every woman could wear a skirt and blouse. Therefore, making a skirt and blouse was selected for the clothing construction problem this year. Also, every woman sometimes wears a skirt and blouse even if it is just a two-piece dress.

The object of these meetings were:

1. Learn basic pattern selection and alteration
2. Learn basic construction techniques
3. Learn simple basic finishing techniques

The project was divided into three separate meetings with time between for the women to do homework. The meetings were divided as follows:

First Meeting:

1. Discussion of new pattern sizing
2. Discussion and demonstration of pattern alteration according to old well fitting dress.
3. Actual pattern alteration by leaders
4. Demonstrations of
 - a. straightening fabric
 - b. laying pattern on fabric
 - c. cutting fabric
 - d. marking fabric
 - e. making collars, cuffs, and facings. Use of inner facings.
5. Assignments
 - a. cutting and marking garments
 - b. sew all long seams
 - c. make collars and cuffs

Second Meeting:

1. Fitting garments
2. Putting on collars and cuffs
3. Setting in sleeves
4. Use of stay-line stitching
5. Demonstration of;

IV. CLOTHING AND TEXTILES (continued)

- a. setting in sleeves
- b. putting on collars
- c. making the skirt belt

6. Assignment

- a. Complete garments except for zippers, skirt belts, and hems.

Third Meeting:

- 1. Demonstration of
 - a. setting in zippers
 - b. putting on skirt belt
 - c. putting in hems
- 2. Garments completed, buttonholes worked, and hems marked.
- 3. All seams finished.

In the telling of this project "Making a Skirt and Blouse" it sounds very simple. However, the project was almost as difficult as a tailoring project. The work for the Specialist and the Agent was difficult and time consuming. About 50% of the leaders knew very little about good sewing techniques. The majority of them sew but not with any great degree of accuracy or ease. The tendency is, and probably always will be, for homemakers to "chop" off any little excess on the end of the seam which does not really match. One homemaker said that she had learned more in the three days of our work than she did in two years sewing in school (High School). This is probably true but perhaps it was more her mental attitude than the information offered.

The adult leaders held demonstrations at the Sedona and Doney Parks Homemakers' Club meetings. They wore the skirts and blouses which they had made and they demonstrated:

- 1. Setting in a sleeve
- 2. Putting in a zipper
- 3. Setting in a gusset
- 4. Putting in a hem by machine
- 5. Pattern selection and alteration

Reports to the Agent indicate that women in general were enthusiastic about the result of the project. They enjoy the feeling of pride which goes with them when they wear a well constructed garment which they have made.

IV. CLOTHING AND TEXTILES (continued)

C. CLOTHING TECHNIQUES -

The Agent met with twenty-five Homemakers at Fredonia for a Method Demonstration on clothing skills. The object of this meeting was to make simple sewing easier.

Skills taught were:

1. An easy way to set in a zipper
2. How to correctly set in sleeves
3. How to set on a convertible collar.

Because of the remoteness of their community from a good shopping area, most of the Fredonia Homemakers are forced to do a good bit of home sewing. They really seem to appreciate occasional meetings on home sewing skills. The Agent encouraged all homemakers to practice putting in a zipper after the formal demonstration was over.

About 50% of these homemakers realize that their home constructed garments are noticeably "homemade". They are the ones anxious to learn new techniques which will help them turn out garments with a more professional look.

D. MISCELLANEOUS -

1. Easy Sewing Skills:

This bulletin is still amazingly popular. People want to sew and many of them have sewed for years but they feel that there must be an easier method than the one that they are using. Many special requests for "skills in sewing" are answered by this bulletin.

2. Sewing Machines:

One sewing machine clinic was held this year in Sedona. Eight women brought their sewing machines to Mrs. Jackie Thomas' home and completely cleaned, oiled, and re-adjusted their machines. It is amazing how many women are afraid to take their sewing machine apart and clean and oil it. In fact most women won't touch their tensions once they get them adjusted.

One of the big problems the last few years has been the variety of sewing machines on the market. The homemaker is continuously confused regarding the purchase of a sewing machine. Homemakers seem to buy machines for one of many specialty features such as:

- a. Patching arm (levis)
- b. Automatic zigzag
- c. Has pretty cabinet
- d. Price meets her pocket book

IV. CLOTHING AND TEXTILES (continued)

Our problem as representatives of the Agricultural Extension Service is not to tell homemakers what machine to buy but to guide them to a wise selection. Some of the questions this Agent tries to bring out are:

- a. Can you get repairs for it?
- b. Is it repairable? Many are not.
- c. Is the automatic zigzag worth the extra money (sometimes as much as \$150.00).
- d. Is the cheap machine really a good buy. Consider repairs.

The Agent frequently encounters a more or less non-repairable new sewing machine when she makes home visits.

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS

Coconino County homemakers, like those all over the United States, are working more and more outside the home. Some devote excessive amounts of time to civic responsibilities but by far the largest number of them are supplementing the family income with paying jobs. The high cost of living and the "monetary age" in which we are living today undoubtedly accounts for this. Then, too, the labor and time saving home equipment on the market makes it physically possible for the homemaker to do the job of housekeeping and still be away from home a good portion of the day.

In order for the "working" homemaker of today to do a good job both at home and away from home she must:

1. Have the full cooperation of her entire family.
2. Plan and use her time wisely and efficiently.
3. Use good shopping practices.

She will have more money to spend but less time and energy. She must do an ever improved job of management.

The aims of the Home Management and Home Furnishings projects for 1957 were:

1. To improve the homemaker's abilities in planning for and executing the daily and weekly tasks which they must perform.
2. To encourage the understanding and use of the principles of work simplification.
3. To encourage the use of the proper tool for the job.
4. To increase the homemaker's pleasure in her job.
5. To improve the pleasure in the home for both adults and children.
6. Conservation -
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
7. Safety -
 - a. Especially with all electrical equipment

In order to work towards these goals we taught:

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS - (continued)

1. Avoiding monotony and drudgery in housework as related to:
 - a. The principles of work simplification
 - b. Selecting the proper tool for the job
 - 1) Buymanship of hand operated egg beaters
2. Simple household repair

In past years we have studied:

1. Floor coverings
2. Storage for kitchen and dining areas
3. Color and its application in the home
4. Problem windows
5. Drapery making and a host of other specific topics all tending to increase the pride and pleasure derived from the home.
6. Wood finishes and upholstery
7. Buying furniture and major appliances
8. Saving family time.

One of the most talked about problems in Coconino County, as in all other counties in the United States, is "The Teenage Problem". Although the Agent realizes that it is not necessarily true that a well furnished and equipped home contributes to a lack of teenage delinquency, the Agent believes that good home surroundings are worthwhile for both the teenager and the adult. Busy, happy youngsters and adults usually do not become involved in undesirable activities.

In general, homemakers, whether they work outside the home or not, feel that routine housekeeping tasks are monotonous and frustrating. (As soon as they are through cleaning the sink it is dirty again, etc.) One of the Agent's indirect aims this year was to suggest devices which would shorten the time consumed by each routine task. One homemaker reported that after she re-arranged her foods storage and dish storage cupboards that she saved both time and energy. Re-arranging storage space is a "little thing" but it can make the difference between fun or frustration in doing the job.

A. AVOIDING MONOTONY AND DRUDGERY IN HOUSEWORK -

The aims of this project were:

1. To improve the homemakers' abilities in planning for and executing the daily and weekly tasks which they must perform.

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS (continued)

2. To encourage the understanding and use of the principles of work simplification.
3. To encourage the use of the proper tool for the job.
4. To increase the homemaker's pleasure in her job.
5. To increase the pleasure in the home for both adults and children.

Meetings were conducted by the Agent as method demonstrations. First the Agent discussed the principles of fatigue in relation to housework. Why homemakers dislike housework and why they find it monotonous and drudgery. Some of the factors discussed were:

1. Lack of knowledge to do the job. Final end product unsatisfactory.
2. Lack of family understanding and varying standards within the family.
3. Lack of, or too much equipment, to do the job. Poor or inadequate storage for appliances.
4. Mental attitude of the Homemaker. Too many unnecessary interruptions. (Perhaps encouraged by poor housekeeping practices).
5. Poor planning.

The Agent emphasized the well known fact that poor planning leads to an untold number of frustrations. The Agent emphasized that the homemaker's job need not be overly filled with frustrations if she will use:

1. The best planning possible
2. The best method known
3. The best tools possible
4. The best work habits
5. The best posture
6. The best storage possible

Through the use of the mimeograph "Easier Housework" compiled by Miss Ryan, Home Management Specialist, the Agent endeavored to demonstrate these various points. Items demonstrated were:

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS (continued)

1. Use of long handled tools for:
 - reaching up, under, etc.
 - picking up
 - dipping into hot wash water
 - applying wax
 - washing windows, etc.
2. Use of storage racks and step shelves
3. Use of sorting racks for dirty clothes
4. Use of dusting glove for venetian blinds
5. Use of vacuum cleaner attachments
6. Light studies to study how to clean and how to make beds.
7. Use of the best tool possible to do the job.

Point seven was demonstrated with egg beaters and a soap solution. The Agent showed and discussed the construction principles of about fifteen egg beaters and whips. Women in the group used the various beaters and whips. They studied the amount of energy required to whip the soap solution. They also studied the volume and texture of the whipped solution. This study was related to egg whites for meringues, angel food cakes, and any other type batter in which egg whites were the primary leavening agent.

All of the women were enthusiastic about these demonstrations and were eager to report "tricks of the trade" which they practiced. One such report was in regard to ironing. The homemaker said that she always kept her ironing board up and her clothes sprinkled and in the freezer. When anyone came to visit she ironed while she talked to them. As a follow up on this method demonstration, the Agent requested each Homemaker to report three months later on some phase of homemaking which she had been able to simplify. Some of these simplified processes reported were:

1. Relocation of kitchen equipment. This involved a change between the pots and pans and the food cupboards. Mrs. Smith reported that for five years she had been walking clear across the kitchen each time she wanted a pot or pan, that she just never had given it a thought before she came to the meeting.
2. Cooking of planned leftovers.

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS (continued)

3. Early morning pre-preparation of the evening meal.
4. Sitting down while ironing
5. Planned rest period
6. Sorting of clothes as they come from the washer, before hanging them.
7. Making and sticking to a time schedule
8. "Getting your husband to do it". (This really got a laugh.)

Comments by homemakers indicated that many of them were really striving towards simplified housekeeping. As one woman said, "Maybe I can't do things the easy way but I'm going to try to teach my daughter the easy way". Before the mother knows it, she, too, will have adopted the "easy way".

B. CARE AND REPAIR OF HOUSEHOLD EQUIPMENT -

One leader training meeting on this project was held. The leaders were most enthusiastic about the project. The general feeling is that through knowledge we can eliminate many costly repairs and tragedies. For example, good home wiring eliminates the hazard of home fires.

The aims of this project were:

1. Conservation of:
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
2. Safety
 - a. Especially with all electrical equipment
3. To have proper tools to do the job:
 - a. Screw drivers (various sizes)
 - b. Pliers (protect chrome faucets, etc.)
 - c. Scissors - utility type
 - d. Fuses
 - e. Washers
 - f. Friction tape
 - g. Knife

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS (continued)

The procedure was:

1. Discussion and stating of aims
2. Demonstration of:
 - a. Changing washers in faucets, each woman changed a water faucet washer.
 - b. Assembly and adjustment of toilet tank mechanism
3. Discussion of septic tanks and cesspools
4. Discussion and demonstration of electric wires and appliances:
 - a. Making of extension cords. Each woman made one.
 - b. Study of different size and kinds of electric wires.
5. Demonstration and discussion on care of equipment:
 - a. Effect of acid on acid-proof and non-acid proof enamel
 - b. Demonstration of repair of home screens
 - c. Discussion of most common ailments of electrical appliances
 - d. Demonstration of the "scorch test" for an electric iron. Demonstration of the asbestos iron "shoe protector".

The leaders really seemed to enjoy the Leader Training meeting and to feel that they could do a good job of taking the information back to their groups. They did an excellent job of presenting this material at club meetings.

A copy of the mimeograph prepared for these meetings is attached. In addition, the bulletin "Household Equipment" #142 was used.

C. MONEY MANAGEMENT WORKSHOP -

The Agent attended the Money Management Workshop held at Tucson this year. The information received will have many uses in our County programs. This Agent personally enjoyed and profited from Dr. Starley Hunter's talks and counseling at the conference.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
FLAGSTAFF

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND COCONINO COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

CARE AND REPAIR OF HOUSEHOLD EQUIPMENT

by
Lucinda E. Hughes
Home Agent

AIMS:

1. Conservation -
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
 - d. Avoid costly repair
2. Safety -
 - a. Especially with all electrical equipment
3. Proper tools to do the job -
 - a. Screw drivers (various sizes)
 - b. Pliers (protect chrome faucets, etc.)
 - c. Scissors - Utility type
 - d. Fuses
 - e. Washers
 - f. Friction tape
 - g. Knife

WATER -

Faucets
Toilet Tank

CESSPOOLS -

Rebuild bacterial growth with yeast or septic (1 package per week the first month, then 1 package per month). Avoid clorox and sudsy detergents which either kill or smother the bacterial growth in your cesspool or septic tank.

ELECTRICITY - Points to remember about electricity:

1. Safety
 - a. Adequate wiring
 - b. Safe wiring (dangerous to have light switch near a sink).

2. Efficiency

a. Get best and most for your electric dollar *

Do not overload circuits

Use proper size wire for wiring

#14 wire for lights

#12 wire for lights and high wattage
appliances

#10 wire for kitchen and laundry appliances

8 wire for water heater

6 wire for range

Use even larger wire for a number of large ap-
pliances

Do not overload cords (the shorter the extension
cord, the better)

Use lamp cords for lamps

Use asbestos insulated cords for heating appli-
ances

Use heavy duty cords for power tools

Use rubber covered cords for all appliances to
be used in a damp place.

All cords should be labeled with the UL label on
the cord.

Yellow label - clocks, lamps, radios

Red label - heating appliances (will last for
3000 cycles, ie. one cycle, one movement
of the iron)

Gold label - heaters (will last for 10,000 cycles
or more)

EXPENSIVE AND INEXPENSIVE EQUIPMENT -

1. Enamel surfaces - stain resistant or not?

2. Screens

3. Electrical appliances - most common ailments:

a. All new electrical appliances are electrically con-
trolled by precision devices. These are beyond the
control of the average person. All companies send
out special precision repair sheets.

b. Precision devices require special tools.

c. Home repair of most small appliances may result in
expensive repair a little later.

d. Margin of profit on repairs is usually small

e. The advantage of technically good repair is that the
entire piece of equipment is checked.

4. Iron

a. Thermostatic control is off

225° - rayon
325° - silk
350° - cotton
400° to 550° - linen

Test - Scorch pattern

Pre-heat iron to highest temperature (4 min.)

Prepare good base (cello-tex, testing paper)

Gently drop iron on testing paper - leave three to four minutes

Note scorch pattern.

Steam iron the same without water for test.

Black soot on steamed fabric - clean iron with
Thanx, Tex, or Calgon.

b. Age of the cord (danger to user and iron)

c. The modern iron is light weight. Therefore, the iron shoe is fragile. The alloy scratches and pits easily. Asbestos protector is good. Some people use bath towel or blanket but this is not heat proof.

5. Toaster - tripping dial

6. All equipment which has a holding or keeping warm range (coffee pot, skillet, french fryer, roaster, etc.)
Holding temperature range 150° to 185°
One revolution of the screw equals 60°, therefore, the novice can really throw it all off.

7. Electric Skillet

a. Temperature and timing sealed into the handle.

b. Pitted connections due to improper use cause poor connections. (Pitting can be at either end of the cord.)

V. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS (continued)

D. MISCELLANEOUS -

Many other home management problems require a part of the Agent's time. Some of these are:

1. Home storage areas
2. Home water supplies
3. Drapery making
4. Use of soaps and synthetic detergents
5. Washing blankets
6. Refinishing of furniture and slip covers
7. Kitchen planning
8. Color and its use in the Home
9. Household Pests
10. Home Planning and Building

These requests were taken care of through personal contact, bulletins, and telephone conversations. As is true with all other Home Agents, it is difficult for this Agent to give a clear picture of the numerous requests for specific information in the Home Management and Home Furnishings field. Suffice it to say that as much or more time is spent in this manner as is spent on the planned program.

VI. NUTRITION

The nutritional status of ranchers and farmers in Coconino County is good. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Coconino County has been operating for a number of years on a long range basis. Each year we have endeavored to do some nutrition review of previous years' work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food
2. General nutrition value of food
3. Protein value of food, complete - incomplete
4. The mineral value of food
5. Vitamin A and C value of food
6. Vitamin B complex value of food

The basic nutritional facts have been taught through a multitude of devices. Some of them direct and other indirect. Examples of these devices are:

1. Direct

- a. Use of the Basic 7 Food Chart
- b. Use of the USDA food value leaflet #AIB-36
- c. Analysis of foods actually eaten in 24 hours

2. Indirect

- a. Home Preservation

Freezing
Canning

- b. Meat Preparation

Broiler and one dish meals
Outdoor cookery

- c. Pressure saucepan cookery
- d. Special food preparation

Breads and rolls
meats and poultry
pastry
beans
cakes

The majority of the Coconino County homemakers realize that nutrition is very complex; that by following the Basic 7 food chart in their daily meals they and their families can be well nourished. Except for a

VI. NUTRITION (continued)

few isolated cases, the women calculate actual food intake at only infrequent intervals but they do check their menus with the Basic 7 food chart. About 50% of the Coconino County Homemakers keep the Basic 7 food chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is to tape this chart to the inside cupboard door.)

The Agent has endeavored to instill in the minds of the homemakers the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious. The Agent's aims in the nutrition program are:

1. To have homemakers serve a balanced diet of good fresh or properly preserved foods properly prepared.
2. To have everyone in the family eat their requirement of these foods.

Homemakers throughout the county are more or less continuously aware of nutrition in regard to over- and underweight problems. A number of the women who lost weight during our weight control studies in 1950 are still maintaining that decreased weight which they aimed for and achieved. Homemakers realize that they feel better, look better, and have a better outlook on life if their weight is approximately normal.

In the opinion of this Agent, today's nutrition faces grave dangers. Yesterday's homemaker served meat, vegetables, bread, butter, milk, and sometimes a dessert. She started in with the raw "food stuffs" and if she did a careful job of correct preparation her family was at least offered an adequate diet. Today's "working homemaker" is tempted to, and often does, serve her family from those "ready-prepared foods" which she finds on her grocer's shelves or in his freezer. Careful analysis and selection must be used by the homemaker if her family is to continue to be "well fed" nutritionally. Most ready prepared foods tend to be high in calories and relatively low in protein. Careful selection and supplementing by the homemaker can and will eliminate this possibility of a nutritional deficiency. It is probably more important today than ever before that each individual get their required amount of milk and milk products in the day's diet.

The aims of this year's (1957) nutrition program were to have:

1. Nutritionally informed homemakers
2. Homemakers able to evaluate food purchases
3. Improved general appearance, health and well being of all homemakers and their families
4. Homemakers learn and re-learn good posture and exercises which help maintain good posture.

VI. NUTRITION (continued)

The Agent feels that through all of the varied nutritional activities this past year that the aims of county-wide good nutrition have been advanced.

A. PACKAGED AND PREPARED FOODS VERSUS HOME PREPARED FOODS -

Method demonstrations on this project were carried by the Agent throughout the County. The objects of these demonstrations were:

1. To help the homemaker evaluate her foods purchased for:
 - a. nutritional value
 - b. economy
 - c. convenience
2. To help the homemaker be informed when buying food today.

The procedure for these meetings was that the Agent demonstrated:

1. The use of powdered and evaporated milk.

The Agent demonstrated the ease of mixing and using powdered skim milk and showed how it's flavor (if unpleasant to the individual) could be disguised through the addition of various syrups or whole milk to the powdered milk solution. As to be expected, some families already use powdered and canned milk. They like it. Others realize it's economical value and it's storage value but do not like it's taste as a beverage. The suggestions for disguising it's flavor were well accepted.
2. The "dissection" of chicken pies and fish sticks.

By "dissecting" a chicken pie or a fish stick, the women were able to see how large the amount of "filler" was in relation to the main food - chicken, vegetable, and fish. The women indicated that they had never thought about the severe lack of protein in their diet if they relied too heavily on these prepared foods. However, in most cases, todate, most homemakers contacted indicated that they used the prepared foods as fill-in food, when they were too tired to cook or when they had unexpected guests drop in just at meal time.
3. Various size frozen vegetable and fruit packages and their labels were studied. Women were amazed to find that the size package did not denote the amount of food in that package.

VI. NUTRITION (continued)

The results of this phase of the nutrition program were to:

1. Alert homemakers to the facts regarding prepared foods. The hope is that through consumer demand we can improve the nutritional value of all prepared foods.
2. Improve buying practices.
3. Impress upon the homemaker the importance of reading the labels on all packaged goods.

The Nutrition Specialist and the Agent compiled a mimeograph for these meetings. (Copy attached) We know that more and more packaged and prepared foods are going to be used so it is our job, as educators, to see that "nutritionally good" foods are on the market and that homemakers select them in preference to "nutritionally poor" packaged foods.

B. PASTRY MAKING -

One leader training meeting was held in the County on pastry and pie making. The objectives of this meeting were:

1. To teach correct techniques of making pastry.
2. To teach characteristics of good pastry.
3. To teach others to make good pastry.
4. To see characteristics of three types of pastry -
 - a. Standard
 - b. Stir and roll
 - c. Commercial mix

The procedure for this leaders training meeting was:

1. The Agent discussed and demonstrated the desirable and undesirable characteristics of pastry.
2. The Agent demonstrated the making of standard pie crust.
3. Leaders divided into groups and made three types of pastry:
 - a. Standard
 - b. Stir and roll
 - c. Commercial mix
4. The Agent made a lemon pie filling and meringue

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

June, 1957

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

REVOLUTION IN FOODS AND NUTRITION

The homemaker of today is confronted with many food purchasing problems not encountered by her grandmother. She has a much larger variety of foods to choose from.

Buying food is a difficult job and it can be needlessly expensive if the buyer is not aware of the problems involved. Today we'd like to aim our program towards:

1. Helping the homemaker to evaluate her food purchases for:
 - a. Nutrition
 - b. Economy
 - c. Convenience
2. Being informed when buying food.

Today's food market is quite different from yesterday's. Gone is the cracker barrel and bulk sugar. Today practically all foods are factory packaged in convenient sizes.

1. The Modern Market Basket provides improved quality, and a greater number of time saving foods to grace the family table.
2. Most grocery stores have from 4,000 to 7,000 items to put in today's market basket. One-third of these were non-existent 10 years ago. Another third is now a new style or in a new package.
3. More Americans have more money to spend and are spending more money on food than in past years. We are eating more expensive foods at home, with more built-in services. We are also treating ourselves to more meals away from home.

The foods markets of today are full of not only foods but services. These are commonly called "built in services." Some of these services are:

1. Many foods can be purchased completely prepared or partially prepared.

2. Fresh fruits and vegetables are available year around giving greater meal time variety.
3. More and more foods are being packaged in various sizes to meet consumer demands.
4. Frozen foods are found in all types of food from soup to pie.

With all these "Built in services" the homemaker really has a problem "stretching the food dollar for best nutrition." How much money you have to spend for food (within reason) is less important than how you spend it.

1. Plan your buying - alertness and planning are essential for good shopping. Know what you really want. Know how many servings you wish from the food you buy and buy the number of pounds or size can to meet this need - left-overs are costly unless planned.
2. Be alert to price. When buying compare quality and consider waste when comparing price.
3. Buy in quantity if it means a saving or convenience of fewer shopping trips, and you have suitable storage space. Don't tie up money that is needed for other foods in a large supply of a single food.

Buy canned foods economically by the case or dozen lots. Take advantage of food sales.

4. Do what you can yourself. Much of the food on the grocery shelf is designed to be prepared as quickly and with as little effort as possible. These foods are a great help to anyone who is rushed for time. However, if you have time, enjoy cooking, and have storage space you can probably save money on your food bill by buying non-prepared foods and preparing them yourself. (Time and energy versus money).
5. Read the labels and recognize standards or grades.
Read the labels for helpful information to make sure your purchase is suitable to your need, in both size and quality.

Evaluation of Foods

Milk - (Your milk bill should be about one-fifth of your grocery bill)

Milk	Cost/qt.	Storage	Ease of Use	Nutrition			Use
				Cal.	Vit.A	Ca-gms	
Fresh	23-25¢	1-5 days	Good	666	1550	1152	Normal
Evaporated	19¢	Long	Fair	692	2016	1294	Normal
Dry Powdered	8¢	Long	Poor	308	40	1212	Many

Commercial Meat Pie - (375 million sold in 1956)

	Size and/or cost	Crust	Meat	Vegetable	Gravy
Indiv. Meat Pie	8 oz.	40%	14%	10%	36%
Weight of Ingredients (in ounces)	8 oz.	3.2	1.12	.08	2.9
Cost of Ingredients (cents)	.28	11.2	3.9	2.8	10.5

Fish Sticks (80 million pounds sold in 1956)

	Package		Fish		Crumbs and Oil	
	Weight	Size	%	Weight	%	Weight
Commercial Fish Sticks	8 oz. 10 oz.	Same "	55% 55%	4.4 oz 5.5 oz.	45% 45%	3.6 oz. 4.5 oz.
Cost of ingredients	8 oz.	39¢		20.9		17.5

The actual fish used in fish sticks is usually cod, haddock and perch. You pay at the rate of \$1.73 per pound for the fish in fish sticks.

Vegetables

Vegetables $\frac{1}{2}$ lb.	Calories		Vitamin A		Vitamin C		Cost	
	Frozen	Fresh	Frozen	Fresh	Frozen	Fresh	Frozen	Fresh
Broccoli - cut stalk	53 53	41 41	5,290 5,290	4,840 4,840	170 170	163 163	23 31	15
Brussels Sprouts	106	82	770	695	143	164	34	17
Lima Beans	247	291	500	640	36	72	27	42

VI. NUTRITION (continued)

Meringues are one of the most difficult pies for the average homemaker. The principle which the Agent endeavored to teach in meringue making was that the amount of sugar per egg white governs cooking temperature and time. (The greater the proportion of sugar per egg white, the higher the cooking temperature and the shorter the cooking time.)

Common difficulties with meringues are:

1. Tough (cannot cut through, sticks to the knife)
2. Weeps (may be on top in little droplets, or at edges and soak crust)
3. Falls (becomes shriveled and unappetizing in appearance)

The Agent endeavored to point out all of the above difficulties, the cause of some, and how to avoid them.

The women really enjoyed making the pie crusts and noting not only the difference due to types of recipes but the difference due to their techniques in handling.

One homemaker, noted for the difficulties which she has in all of the skills of homemaking, really had a time making the stir and roll pie crust. She made two crusts and both were so bad that the Agent spent part of her noon hour making another crust to prove to the women present that it was possible to make the stir and roll crust with desirable characteristics. This served to really emphasize the fact that the handling of pastry is really a technique; one which must be carefully learned and practiced. Some of the points emphasized were:

1. Measure all ingredients accurately
 - a. Excess fat - too tender
 - b. Excess flour - tough
 - c. excess water - tough
2. Do not over handle or stretch pastry
 - a. Over-handling causes tough pastry
 - b. Stretching causes tough pastry which may shrink
3. Do bake at correct temperature
 - a. Too low temperature causes shrunken pie crust which may not be done.
 - b. Too high temperature causes burning and overdone pastry.

VI. NUTRITION (continued)

Points emphasized concerning commercial pie crust mixes were:

1. Shop wisely
 - a. Study label
 - b. Buy only where packaged goods have a fairly rapid turnover. (Grease soaked boxes, etc. usually indicate a rancid, old mix)
 - c. Be sure that the price is right for the amount of mix that you get. Size of package does not necessarily indicate number of ounces in the package.
2. Follow directions exactly. Use accurate measurement, timing, etc..

The women greatly enjoyed the meeting and really seemed to profit from it. The leaders gave demonstrations at their September club meetings on pastry and pie making. Common problems encountered by the leaders were:

1. Getting a nice flaky pie crust
2. Having the lemon filling fail to set

One homemaker leader especially had difficulty with the lemon filling. She is very accurate and precise in her measurements so the Agent feels sure that inaccurate measurement was not her trouble. Since the leader meeting, this homemaker has made several lemon pies about half of which have "set up" correctly and the others required a spoon to eat them. The Agent would be interested to know if there is any research on the effect of lemon juice on the thickening power of cornstarch.

This Agent attended the Sedona Homemakers' meeting and was well satisfied with the leaders' abilities in conducting their meeting. Leaders turned out a really excellent lemon pie. A reporter and photographer from the Arizona Republic were present for this meeting. A copy of their write-up is included in this report.

C. FOOD PRESERVATION -

August was food preservation month. Requests for all types of food preservation have come to the office. The most common of these requests has been on freezing, pickle making, and canning of tomatoes and peaches.

Fruits and Tomatoes

Many homemakers still prefer to use the open kettle method of canning most fruits and tomatoes. This is in spite of the fact that they know that open kettle canning is not a recommended practice. This year

They Can Bake A Pretty Pie

By HERMINE MEGARGEE



Lucinda Hughes leads the way around the refreshment table which boasts a display of Homemakers' baking skill. (Photos by Jack Moore.)

THEY KNEW THEY were coming, so the leaders baked a pie . . .

The Sedona Homemakers Club met in official session a couple weeks ago to tackle the problem of consistent perfection in pie crust. With the thoroughness instilled by its sponsor, home demonstration agent, Lucinda Hughes, of the U.S. Department of Agriculture's extension service, they investigated flours and shorten-

ings, pastry blenders and other combining methods, pastry cloths and waxed paper and how to make the crust behave itself on the way from rolling pin to pie pan.

Like women in thousands of other homemakers clubs across the country, they had a fine time in the process, seeing friends they hadn't seen since the previous meeting, and learning things they hadn't known before.



Homemakers' president, Ann Jackson, second from right, receives a baby blanket in acknowledgement of "new business." Other Homemakers are, from left, Mrs. R. C. Gamble, Mrs. Robert Bishop and Mrs. Herman Stafford.

NOT SO FAMILIAR to the public, but equally as active as the 4-H clubs, homemakers clubs are an extension service project to familiarize housewives with practical and aesthetic home-making techniques and the solution of common personal problems. From pie crust to household repairs, laundry to mental health, food preservation to pattern fitting, members are brought the best of the department of agriculture's wide, up-to-date knowledge. Subjects to be studied that season are selected early in the year from a long list proffered by the home demonstration agent, and are directed toward the interests of both rural and urban housewives.

Like other clubs, the Sedona Homemakers attend to a certain amount of business outside their study topics. At this meeting they considered a request to help with the area's Easter sunrise service. President Ann Jackson appointed a member to meet with the Sedona Chamber of Commerce.

"TELL THEM WE don't have much money," other members primed her, "but let them know we can help with serving coffee."

Then President Jackson, asking for new business, found the tables turned when she was reminded that she herself had had new business, baby Jordan Lee Jackson, early in September, and was presented with a blanket to keep him warm through the northern Arizona winter.

After the business meeting came a demonstration of the topic of the day by two leaders, a favorite homemakers' as well as 4-H club technique. Mrs. Benton Rogers and Mrs. Thomas Thomas had spent a day in Flagstaff with Miss Hughes, investigating the official pros and cons of pie crust making. Under the watchful eyes of the 25 members gathered at the ranch house of Mrs. Ambrosio Chavez, they composedly concocted a pie crust, accompanying the demonstration with a running commentary.

Continued, Next Page

*
**"more cream
 * more flavor..
 more servings per pint!"**



**Lady Borden
 HOLIDAY
 BISQUE
 TORTONI
 ICE CREAM**



Extra richness means extra servings. This special ice cream is made with extra thick, heavy cream... and the truest of natural flavorings. A richer, more satisfying flavor is the result. In fact, Lady Borden Ice Cream is so much richer in flavor, it takes far less to please... gives you more servings per pint.

**Best-tasting
 milk in town!**



"Always roll pastry out on a cloth," instructs Jackie Thomas, right, as co-leader Edna Rogers and other Homemakers watch.



Mrs. Benton Roberts beats meringue under Miss Hughes's professional eye.



"See, it's perfect," announces Mrs. Roberts. Miss Hughes and Mrs. L. W. Hardcastle agree.

Sedona Homemakers Prove Prowess At Pastry

Continued From Page 19

"DO NOT PACK the flour down," cautioned Edna Rogers, spooning it lightly into a measuring cup.

"Always use a cloth to roll your pastry out on, and you'll avoid a too-floury, tough crust," added Jackie Thomas.

"The rolling pin should never go over the edge of your crust," demonstrated Mrs. Rogers, rolling lightly from the center out, and deftly lifting the crust into the pie pan.

At this point some of the experienced housewives looked unconvinced.

"I ALWAYS roll my crust over the rolling pin, and then roll it back out into the pan," commented one.

"I think folding in quarters is by far the easiest way," said another.

Mrs. Paul Roberts, looked up from beating egg whites and sugar for meringue. "This is the approved way, girls," she reminded them, with an irresistible giggle.

While the experimental pie baked and cooled, members sampled crusts previously prepared by the leaders, using various shortenings and different methods of mixing. When the pie was ready, it turned out to be a blue-ribbon tribute to the leaders' knowledge, with tender, flaky crust, smooth, tart-yet-sweet lemon filling and a triumphant mountain of meringue. Each member had a small taste, and approval was universal.

This is the recipe the leaders used.

SINGLE PIE CRUST

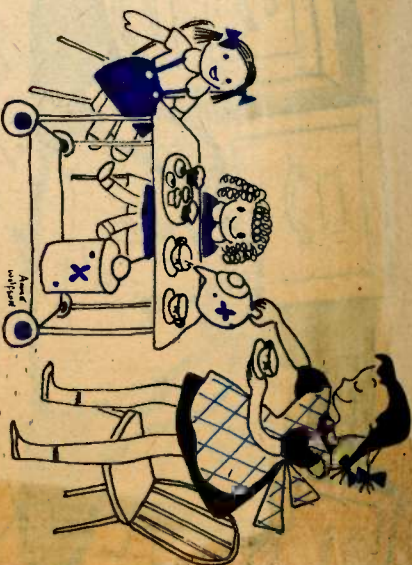
- 1 cup flour
- 1/2 teaspoon salt
- 1/3 cup vegetable shortening
- 2/3 tablespoons cold water

Sift flour and salt. Cut in shortening with a pastry blender (two knives may be used) until pieces are size of small peas. Add cold water slowly, tossing until flour-coated bits of fat are barely dampened. Press together to form a ball. (If time permits, chill now for easier handling.) Roll out 1/8 inch thick, being careful to roll lightly and not over edges. Transfer loosely to pie pan, and push out air between paste and pan. Prick bottom and sides with fork, and bake in hot oven, 450 degrees, for 8-10 minutes.

LEMON FILLING

- 1 1/2 cups sugar
- 7 tablespoons cornstarch
- 1 1/2 cups boiling water
- 3 egg yolks
- 3 tablespoons butter
- 4 tablespoons lemon juice
- 1 1/2 tablespoons grated lemon rind

Mix sugar and cornstarch. Stir in boiling water, cook over direct heat, stirring constantly until mixture thickens and boils. Set over boiling water, and cook 10 minutes longer. Beat



egg yolks slightly; beat in a little of the hot mixture. Then beat into hot mixture in double boiler. Cook 5 minutes, stirring constantly. Remove from over hot water and blend in butter, lemon juice and rind. Cool. Pour into cooled, baked pie shell.

MERINGUE

- 3 egg whites
- 6 tablespoons sugar
- 1 teaspoon lemon juice, if desired

Beat egg whites stiff but not dry. Gradually beat in sugar, continuing beating until mixture is stiff and glossy. (Slow and complete blending of sugar prevents beads on meringue.) Add lemon juice last. Spread over cooled filling, sealing to edges of pastry. Brown in moderate oven 375 degrees, 13 to 15 minutes.

The "Something New" all members learned at this meeting?

The higher the sugar content of your meringue, the higher the temperature at which you may successfully bake it.

VII. HEALTH AND SAFETY

Good health is an integral part of the entire Home Demonstration program. All phases of homemaking (nutrition, clothing, and home Management) are important contributing factors to good or bad health.

A. FIRST AID FOR BURNS AND THE HOME MEDICINE CHEST -

The aims of this year's (1957) health program were:

1. Improved emergency treatment for accidents, especially burns.
2. To teach some of the recommended techniques of Civil Defense.

In an effort to achieve these aims, this Agent arranged with Miss Stewart and the Red Cross for a film on "First Aid for Severe Burns". The Agent showed the film and talked on:

1. The home medicine chest (stocking, safe guarding, and care)
2. The use of prescription drugs. (precautions)
3. Simple home remedies and/or first aid.

B. MENTAL HEALTH -

The Sedona Homemakers' Health Chairman continued to work with the Mental Health program in the Verde Valley. This health program has contributed greatly to the teenagers' recreation in the Verde Valley. Sedona contributes financially and physically to this program.

C. CHEST X-RAY -

Coconino County Homemakers assisted with the clerical work of the mobile unit chest X-ray when it was in their areas. Since Arizona has such a high incidence of T. B., conscientious homemakers make every effort to see that their entire family is X-rayed annually.

D. CANCER -

Members of homemakers' clubs furnished volunteer workers and some money to the cancer drive. At the request of the State Cancer Director, the Agent appointed a homemaker to serve on the County cancer board.

VII. HEALTH AND SAFETY (continued)

E. CRIPPLED CHILDREN -

This year, as in the past, the homemakers contributed generously of their money, time, and effort to the polio drive. The Sedona group again furnished the refreshments for the community style show given on behalf of the Crippled Children. This style show nets over \$100.00 for the Crippled Children's fund.

F. RED CROSS -

Homemakers participated in the Red Cross fund raising campaign this year. They contributed workers as well as money from their club funds.

VIII. RECREATION AND COMMUNITY LIFE

"Happiness through Family Unity" is the aim of the Agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshments

The Agent encourages songs and games because of their group participation spirit.

One County-wide recreational event was held this year. It was the meeting of the fifth annual Bi-County Homemakers' family picnic. Seventy-five homemakers and their children attended. New and old games seemed to be the order of the day along with delicious food. Homemakers and their children enjoyed both.

Because the county is so very large, it is difficult to hold many county-wide social events. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They foster pride in each individual community and its accomplishments
3. They facilitate an easy exchange of ideas by homemakers.

IX. EXTENSION INFORMATION

A. NEWSPAPERS -

This Agent regrets that time is not available for her to write news columns or give scheduled radio broadcasts in Coconino County. The information workshop last January stimulated all Agents to want to do more of the "mass media" type of education.

B. BULLETINS AND MIMEOGRAPHS -

An incredible amount of special Home Economics specialized material is mimeographed in the County office. Each project embarked upon usually has from six to eight pages of mimeograph accompanying it.

Last year, through the efforts of the County Agricultural Agent, bulletin board displays were put in three banks in the County. The bulletins displayed were changed every ten days or two weeks. Each bulletin board featured one agricultural and one home economics bulletin. This Agent's responsibility towards this project was to select the Home Economics bulletins for display. According to the office Secretary, these display boards have markedly increased the call for bulletins. The Home Economics bulletins have been as popular as the Agricultural bulletins.

C. VISUAL AIDS -

Movies, colored slides, flannel graphs, and other types of visual aids were used extensively by this Agent this year.

X. MISCELLANEOUS

A. IN-SERVICE TRAINING -

1. 1956 Annual Conference

The Agent attended the 1956 Annual Conference during this report period. At the 1956 Annual Conference this Agent gave a talk on "Sources of 4-H Leadership". Annual Conference always reminds us that the ground which we have to cover is unending. That we must continuously "pro-ject" ourselves into an ever growing area in order to get the job done.

2. Information Workshop -

The Agent attended the one day Information Workshop held at Tucson this year. How to get more Home Economics information before the people seemed to be the theme of the conference. Many devices were suggested and illustrated. Some of these devices were:

- a. Colored mimeograph (ink and paper)
- b. Illustrated mimeograph
- c. News stories
- d. News columns
- e. Emphasis on special interest features such as names, special observations, and other human interest features.

It is regreted by this Agent that she was not able to do more on the mass media basis in Coconino County this year (1957).

3. Home Agents' Conference -

The Agent attended the In-Service Training Meeting for all Home Agents this year. Discussion of reports, reporting, and program planning was the order of the day. Program planning is probably the most difficult problem that we, as Extension Agents, are confronted with. Our job of helping people to recognize and solve problems is a difficult one.

B. COUNTY FAIR -

The Coconino County Fair has the potentialities for an exceptional County Fair. Some of these assets are:

1. Exceptional ground space.
2. Potential buildings. These need improvement for exhibit space and tying together but the fact that the buildings are there is a big help.
3. Plenty of parking space.

X. MISCELLANEOUS (continued)

This year for the first time the Agent arranged with the County Fair Board to have a civic group in Flagstaff staff the women's department of the County Fair. The Jaycettes assumed this responsibility. It is hoped that such an arrangement will be followed in the coming years so that the Agent's responsibilities will be only "advisory".

Two Leader Training meetings were held with the Jaycettes, Superintendents of the women's division of the County Fair. Final plans were made for exhibit space, cleaning, staffing, entering, and judging. The dates of the Coconino County Fair were September 6, 7, and 8th.

The Agent worked with the County Fair Board to insure that the Home Economics departments - both adult and 4-H- were as well run as possible. In the opinion of this Agent, the Jaycettes did an excellent job of running the adult Home Economics department of the Coconino County Fair. Judging was done by Mrs. Betty Jo Nelson (Home Agent, Maricopa County) and Mrs. H. Heath (4-H leader from Maricopa County). The judging was very satisfactory. Approximately 400 adult Home Economic exhibits were exhibited at this year's fair.

C. SPECIAL ACTIVITIES -

The Sedona group was very active this year in all community activities. Some of these activities were:

1. Sponsorship of 4-H club work
2. Scout work
3. Valley Bazaar
4. Valley Rodeo
5. Church work and events.

D. ARIZONA STATE COLLEGE -

Arizona State College here in Flagstaff is especially cooperative with all Agricultural Extension Service programs.

At the invitation of Dr. Byrd Burton, the Agent gave two talks to girls enrolled in Home Economics this year. They were:

1. What is a Home Agent
2. Job qualifications and responsibilities of the various fields of Home Economics (Round-table discussion).

The college here in Flagstaff endeavors to give Home Economics students a good overall briefing on the possibilities in all fields of Home Economics.

XI. OUTLOOK AND RECOMMENDATIONS

The outlook for the Home Demonstration program in Coconino County is good. The new, fulltime Home Agent in Coconino County should make it possible for there to be an organized homemakers' group almost anywhere in the County if the women want it. However, the possibility for working with rural farm people in Coconino County is diminishing annually. At the present time about 30% of the farm land is in the Soil Bank and more farmers are continuously putting their farm land into this project. The majority of people available for the new Home Agent to work with and through will be rural non-farm and urban. Of course, recommended home-making practices are very similar no matter what the source of income. We strive for an ideal and compromise with the best response which we can get.

Probably the best way that the new Agent can serve the County homemakers is through mass media techniques and 4-H club work.